



URODYNAMICS

What Are Urodynamic Tests?

Urodynamic tests provide a real-time dynamic assessment of what is going on within your bladder during filling and emptying. This is achieved by placing tiny catheters, which contain pressure measuring devices (one in the bladder and one in the back passage) and measuring the pressure difference between them. Additional steps such as cystoscopy and imaging allow us to see how your bladder is structured and how it physically behaves during filling and emptying. In reality, you will undergo one "test" that has a few separate stages.

What Does the Test Involve?

The test takes about 45 minutes in total.

It is performed at *St John of God Mt Lawley*.

It is done with you awake, as we are interested in how your bladder behaves in daily life.

There is no need to fast - You can eat and drink prior to the study.

Please *arrive at least 45 minutes before* your appointment.

Sometimes some of the steps below may be omitted.

Step 1 – Preparation and waiting

- You need to come in with a reasonably full bladder. You will be changed into a hospital gown. You can have a drink to make sure your bladder is full.

Step 2 – Flow rate and rectal catheter

- You will be escorted into the urodynamic suite. It looks a bit like an operating theatre but is used only for urodynamic testing.
- You will be asked to empty your bladder behind a curtain into a machine that measures your flow rate.
- You will be asked to lie down on a hospital bed and a nurse will place a small catheter just inside your back passage. This is quick and minimally invasive.
- A rectal examination or vaginal examination may be performed at this point if necessary.

Step 3 – Cystoscopy and bladder catheter

- Your surgeon will usually perform a cystoscopy at this point using a fine flexible camera, which is inserted through your urethra (water pipe).
- A small catheter is then placed within your bladder.
- Any fluid remaining in your bladder is emptied through this catheter prior to starting the measurements.
- The bed is moved to a semi upright position. Don't worry – you won't fall off!



Step 4 – Bladder Filling

- This step allows us to measure the pressure in your bladder while it is being filled.
- Your bladder is slowly filled with fluid while the pressure is measured.
- We will fill your bladder until you are feeling very full and ready to pass urine.
- You will be asked to tell us when you feel certain sensations;
 - o The first feeling of something filling your bladder
 - o The point at which you would normally go to the toilet
 - o The point at which you are busting and **NEED TO GO!**
- You will be asked to cough at various points so that we can check the calibration of our catheters and also check for leakage of urine.
- We want to recreate what you normally experience, so don't worry if you leak – this is what we want to see!

Step 4.5 – Imaging

- This allows us to examine the structure of your bladder while it is filling and emptying.
- We use a fluid that is visible to x rays to fill your bladder and take some x-ray images during the test. The radiation dose is very low (similar to a chest x-ray).
- Through this we may pick up important structural problems.

Step 5 – Bladder Emptying

- This step allows us to measure the pressure in your bladder, and calculate the resistance to your flow while you are emptying your bladder.
- When you are ready to pass urine, we will provide a funnel or move you to a more natural sitting position.
- Once ready you will be asked to empty your bladder.
- Most people are able to do this with the small catheters in place.
- Any fluid remaining may be emptied through a catheter if needed.

Congratulations - you have completed urodynamics! We now have much more information about how your bladder is structured, and how it behaves in your day-to-day life. We can use this to accurately diagnose your symptoms and plan your treatment.

What Are the Risks of the test?

Overall the risks of the procedure are very small. You may experience a bit of burning during urination or even a small amount of blood in the urine for a day or two after the procedure. There is a small risk of urinary tract infection after the procedure.

What Happens After the Test?

You will be able to resume all previous activities, including driving, upon completion of the urodynamic test.

An appointment will be made to discuss the results of the test and treatment options